



It's not easy feeling
FABULOUS
all the time...

...especially when aches, pains and fatigue are preventing you from having the quality of life you deserve. Start feeling fabulous again by learning how to make small changes that lead to better health and quality of life.

No matter your age or ability, there's a local, free or low-cost workshop proven to:

Reduce:

- Pain
- Depression
- Fatigue

Increase:

- Energy
- Confidence
- Quality of Life

Get more information on feeling fabulous again and register for a workshop today.

www.health.ny.gov/lifestyleprograms



**Department
of Health**